IN THE CLAIMS

- 1. (Currently Amended) Method for providing a heat treated filled and closed can, comprising the consecutive steps of:
 - filling a metal cup,
 - closing the metal cup with a lid making a gas tight heat treatable can,
- heat treating the can, wherein measures are taken to achieve an under-pressure in the can after closing the cup characterised in that, wherein the can is of a flexible type.
- 2. (Currently Amended) Method according to claim 1, wherein the can is closed with a lid of the easy pull off seal on type adhered by a sealant to the metal cup.
- 3. (Currently Amended) Method according to claim 1, or 2 wherein a the can is chosen that has a flexibility of more than or equal to 25.
- 4. (Currently Amended) Method according to <u>claim 1</u>, any of the claims 1-3 wherein a- the can is chosen that has a flexibility of more than or equal to 35.
- 5. (Currently Amended) Method according to <u>claim 1</u>, any of the claims 1-4 wherein a- the can is chosen that is of a flexible type capable of surviving a volume reduction of more than 7.5%, preferably more than 10% or even 15% without collapsing.
- 6. (Currently Amended) Method according to <u>claim 1</u>, any of the claims 1-5 wherein a the cup is chosen that comprises an essentially substantially flat wall panel.
- 7. (Currently Amended) Method for providing a heat treated filled and closed can, comprising the consecutive steps of:
 - filling a metal cup,

- closing the metal cup with a lid making a gas tight heat treatable can,
- heat treating the can,

wherein measures are taken to achieve an under-pressure in the can after closing the cup characterised in that, wherein the can is of a rigid type and that the can comprises a lid of the easy pull off type adhered to the metal cup.

- 8. (New) Method according to claim 1, wherein the can is of a flexible type capable of surviving a volume reduction of more than 10% without collapsing.
- 9. (New) Method according to claim 1, wherein the can is of a flexible type capable of surviving a volume reduction of more than 15% without collapsing.
- 10. (New) Method according to claim 1, wherein the measures comprise at least one step belonging to the group of steps consisting of:
 - using a partly frozen filling;
- having the filling include constituents that interact after closing so as to lower the specific volume of the filling in the can;
 - adding steam to the cup after filling and before closing;
 - closing the cup under sub-atmospheric pressure; and
 - partly evacuating the can after closing.
- 11. (New) Method according to claim 7, wherein the measures comprise at least one step belonging to the group of steps consisting of:
 - using a partly frozen filling;
- having the filling include constituents that interact after closing so as to lower the specific volume of the filling in the can;

- adding steam to the cup after filling and before closing;
- closing the cup under sub-atmospheric pressure; and
- partly evacuating the can after closing.